















































January 2020 - Herman Aquatics Center Indoor Pool

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 AM – 9 AM 5 lanes - lap swim only/ 1  Water Jogging</p> <p>9 AM – 10 AM 3 lanes - lap swim only/ 3 CLOSED –  Group Lessons</p> <p>10AM–11:30 AM 4 lanes - lap swim only/ 2 CLOSED  Group Lessons</p> <p>11:30 AM – 8 PM 4 lanes - lap swim only/ ** Open Swim</p>	<p>6 AM – 9 AM 5 lanes - lap swim only/ 1  Water Jogging</p> <p>9 AM – 10 AM 5 lanes - lap swim only / 1 CLOSED –  ProAction PT</p> <p>10 AM – 12 PM 3 lanes - lap swim only/ 1 Double Wide Lane/1 CLOSED –  ProAction PT</p> <p>12 PM – 1 PM 2 lanes - lap swim only/ 4 CLOSED –  Masters Club</p> <p>1 PM – 2 PM 3 lanes - lap swim only/ 3 CLOSED –  Aqua Fit</p> <p>2 PM – 4 PM 4 lanes - lap swim only/ 2 CLOSED – CLASS</p> <p>4 PM – 5 PM 4 lanes -  PreTeam/  Water Jogging/  Group Lessons</p> <p>5 PM – 6:30 PM 2 lanes - lap swim only/ 4 CLOSED –  Swim Club</p> <p>6:30PM –7:15PM 2 lanes – lap swim 2 CLOSED- Suspension Class/2 CLOSED –  H2O Pilates</p> <p>7:15 PM – 8 PM 4 lanes - lap swim only/ 2 CLOSED –  H2O Pilates</p> <p>8 PM – 10 PM 5 lanes - lap swim only/ 1  Water Jogging</p>	<p>6 AM - 9 AM 5 lanes - lap swim only/ 1  Water Jogging</p> <p>9 AM - 10 AM 4 lanes - lap swim only/ 2 lanes **Open Swim</p> <p>10 AM – 11:30 AM 2 lanes - lap swim only/2 Double Wide Lanes</p> <p>11:30 AM – 1:00 PM 4 lanes - lap swim only/1 Double Wide Lane</p> <p>1 PM - 2 PM 3 lanes - lap swim only/3 CLOSED –  Aqua Fit</p> <p>2 PM – 4 PM 4 lanes - lap swim only/ 2 CLOSED –  Group Lessons</p> <p>4 PM - 5 PM 4 lanes - lap swim only/ 2 CLOSED –  Group Lessons</p> <p>5 PM - 8 PM 4 lanes - lap swim only/ **Open Swim</p> <p>8 PM – 10 PM 5 lanes - lap swim only/ 1  Water Jogging</p>	<p>6 AM – 10 AM 5 lanes - lap swim only/ 1  Water Jogging</p> <p>10 AM – 11AM 3 lanes - lap swim only/ 3 CLOSED –  Aqua Zumba</p> <p>11 AM – 12 PM 6 lanes - lap swim only</p> <p>12 PM – 1 PM 2 lanes - lap swim only/ 4 CLOSED –  Masters Club</p> <p>1 PM – 2 PM 3 lanes - lap swim only/ 3 CLOSED –  Aqua Fit</p> <p>2 PM – 4:30 PM 4 lanes - lap swim only/ 2 CLOSED – CLASS</p> <p>4:30 PM – 5:30 PM 4 CLOSED – JDS SWIM TEAM/**Open Swim</p> <p>5:30PM– 8 PM 4 lanes – lap swim/**Open Swim</p> <p>8 PM – 10 PM 5 lanes - lap swim only/ 1  Water Jogging</p>	<p>6 AM – 9 AM 5 lanes - lap swim only/ 1  Water Jogging</p> <p>9 AM – 10 AM 5 lanes - lap swim only /1 CLOSED –  ProAction PT</p> <p>10 AM – 1 PM 3 lanes - lap swim only/ 1 Double Wide Lane/CLOSED –  ProAction PT</p> <p>1 PM – 2 PM 3 lanes - lap swim only/3 CLOSED –  Aqua Fit</p> <p>2 PM – 4 PM 3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim</p> <p>4 PM – 5 PM 4 lanes -  PreTeam/  Water Jogging/  Group Lessons</p> <p>5 PM – 6:30 PM 2 lanes - lap swim only/4 CLOSED –  Swim Club</p> <p>6:30 PM – 7 PM 4 lanes - lap swim only / **Open Swim</p> <p>7 PM – 8 PM 4 lanes - lap swim only/2 CLOSED –  Aqua Pilates</p> <p>8 PM – 10 PM 5 lanes - lap swim only/ 1  Water Jogging</p>	<p>6 AM - 9 AM 5 lanes - lap swim only/ 1  Water Jogging</p> <p>9 AM – 10AM 6 lanes - lap swim only</p> <p>10 AM – 11AM 1 lane - lap swim only/1 Double Wide Lane/ 3 CLOSED  Aqua Zumba</p> <p>11 AM-12 PM 2 lanes – lap swim only/ 2 Double Wide Lanes</p> <p>12 PM - 1 PM 2 lanes - lap swim only/4 CLOSED –  Masters Club</p> <p>1 PM - 2 PM 3 lanes - lap swim only/3 CLOSED –  Aqua Fit</p> <p>2 PM - 4 PM 3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim</p> <p>4 PM – 8 PM 6 lanes - lap swim</p>
					SATURDAY
					<p>7 AM – 9 AM 5 lanes - lap swim only/1  Water Jogging</p> <p>9 AM – 10 AM 3 lanes - lap swim only/3 CLOSED –  Group Lessons</p> <p>10 AM – 12:30 PM Gudelsky Swim Pgm</p> <p>12:30 PM – 8 PM 4 lanes - lap swim only/**Open Swim</p>

Color Key

-  Water Aerobics
-  Water Jogging
-  Swim Club/PreTeam/Masters
-  Pro-Action Therapy
-  Group Lessons

*Dedicated Lap Lanes available daily.

**Open Swim – double wide lane use for slow swimming, water jogging and group lessons.

***Schedule may change to accommodate special events

PLEASE MAKE SURE YOU CHECK THE ADDENDUM FOR CHANGES TO THE SCHEDULE